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| **[Route Card](http://www.mountainsafety.co.uk/Route-Route-Cards.aspx)** | **Three Peaks Trial Great Challenge Elidir Fawr****NOTE: Prior to doing the walk, the boxes highlighted yellow must be completed and a copy emailed to threepeakstrial@gmail.com.** | **Date of walk** | **Three Peaks Trial:****The Great Challenge**Elidir Fawr |
| **Outline of Route –** SH606583 Start at the Vaynol Arms, head north-north-east to the summit of Elidir Fawr then head eastpassing across the ridge of Bwlch y Marchlyn then south-east to Foel Goch and Bwlch y Cywion, before climbing up towards the summit of Y Garn then south-east down to Llyn y Cwn (the lake of the Hounds). From the lake, the descend to Nant Peris and the Vaynol Arms. |
| **Group members & Emergency Contact**(show leader or main organiser on first line – continue on reverse) | **Group member name** | **Own** [**mobile**](http://www.mountainsafety.co.uk/EP-Mobile-Phone-Voice.aspx) | **Type ‘Yes’ to confirm “*I have read and understood the Risk Assessment*”** | **Type ‘Yes’ to confirm you will carry the ‘Personal Equipment’ listed below.** | **Emergency contact name & number** |
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| **Personal equipment:** rucksack, waterproofs,mobile phone, hat & gloves, food & water, [head-torch](http://www.mountainsafety.co.uk/Kit-Head-Torch.aspx) & spare batteries, [whistle](http://www.mountainsafety.co.uk/Kit-Whistle.aspx), , [first aid kit](http://www.mountainsafety.co.uk/Kit-First-Aid-Kit.aspx) [watch](http://www.mountainsafety.co.uk/Kit-Watch.aspx) |
| **Group equipment:** [maps](http://www.mountainsafety.co.uk/Kit-Map.aspx) & [cases](http://www.mountainsafety.co.uk/Kit-Map-Case.aspx), [compasses](http://www.mountainsafety.co.uk/Kit-Compass.aspx), (& optionally [survival bag](http://www.mountainsafety.co.uk/Kit-Survival-Bag.aspx), [storm shelter](http://www.mountainsafety.co.uk/Kit-Storm-Shelters.aspx), [flask](http://www.mountainsafety.co.uk/Kit-Flask.aspx), [flare](http://www.mountainsafety.co.uk/EP-Distress-Flares.aspx), [satellite messenger](http://www.mountainsafety.co.uk/EP-Satellite-Messengers.aspx) or [PLB](http://www.mountainsafety.co.uk/EP-PLB.aspx)) |
| **Vehicles used** (colour, make/model & reg): |
| **Emergency Point of Contact (**[**EPOC**](http://www.mountainsafety.co.uk/EP-Emergency-Point-of-Contact.aspx)**):** *name & contact number* **Cardiff Outdoor Group: 07377409817 or 07429966593** | [**Alert Police time**](http://www.mountainsafety.co.uk/EP-Emergency-Procedures.aspx)**:** |

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| [**Weather forecast**](http://www.mountainsafety.co.uk/Links-Weather.aspx/)& source (e.g. MetCheck) | Sunrise: | Sunset: |
| **Starting location** for walk (if parking, list possible parking places) | **Planned start time:** |
| **Maps carried**, *e.g. 1:25,000 OS Explorer OL17 Snowdon & Conwy Valley (OS Explorer Map)* | [National Grid Prefix](http://www.mountainsafety.co.uk/Nav-British-National-Grid.aspx)(s): **SH** | [Magnetic variation](http://www.mountainsafety.co.uk/Nav-Magnetic-Variation-Declination.aspx) for map: |

**The Route** (check whether any [access restrictions](http://www.mountainsafety.co.uk/Route-Understanding-Access.aspx/) in force)

|  |  | [Grid reference](http://www.mountainsafety.co.uk/Nav-Co-ordinates.aspx/) & height relate to ‘this’ location. Bearing, distance & height gain relate to ‘next’ location |
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| Leg | Location name/description  | Grid Ref | Height | [Bearing](http://www.mountainsafety.co.uk/Nav-Map-to-Land-Bearing.aspx) | Distance | Height gain | Time est. | Notes (e.g. stops, [escape/alternative routes](http://www.mountainsafety.co.uk/Route-Escape-Routes.aspx)) |
| Route description from:<https://osmaps.ordnancesurvey.co.uk/route/2653247/Trail-magazine-December-18-Elidir-Fawr-and-Y-Garn-Snowdonia>Time estimate for walk – 4 to 5 hours. |
| 1 | **Start:** .SH606583 Start at the Vaynol Arms, cross the road and turn left (north-west) and walk for about 100m before turning right to follow the road up towards the campsite and bearing left at the bridge. Follow the road all the way to the white house and keep going straight on the road, then take the gate to the right of the road at SH605589. From here, head north-east uphill, past the old building and cross the stile at the holly tree, then go through the gate. Follow the track northwards towards the stream and Elidir Fawr. | 606583 | 111m |  | 0km | 0m |  |  |
| 2 | SH608595 This is a really important part of the route. In November 2017, the bridge at the crossing point (SH611599) was washed away in a flood. Do not try to cross there unless the bridge has been replaced. As of August 2018, it wasn't. The best current crossing point is where a new stile has been erected, at SH608595. There may be a little rock hopping involved! Walking poles can be a crucial aid in situations like this. Take care to guage the level and flow of the water before crossing. An alternative option during heavy rain could be to walk the length of Cwm Dudodyn and enjoy the steep pull to Elidir Fawr from the head of the valley. If you make the crossing ok, simply head north-north-east to the summit of Elidir Fawr (gaiters might be useful!) | 608595 | 304m |  | 1.48 | +193m |  |  |
| 3 | SH611613 Elidir Fawr is a fine summit with amazing views. Savour them before heading east and passing across the steep ridge of Bwlch y Marchlyn and maybe paying a flying visit to Mynydd Perfedd for a quick photo stop. Head south-east to Foel Goch and Bwlch y Cywion, before climbing up towards the summit of Y Garn, itself providing a particularly comfortable shelter with breathtaking views and respite from the south-westerly winds that prevail. | 612612 | 880m |  | 3.18km | +576m |  |  |
| 4 | SH630595 Head south-east down to Llyn y Cwn (the lake of the Hounds). The path here is quite obvious and you should be channelled to a crossing point on the fence at SH634589 then easily on to the lake. In poor visibility, it can be easy to become disorientated in this area, so stick to the path and take a compass bearing if necessary. | 630595 | 935m |  | 7.33km | +55m |  |  |
| 5 |  SH636585 A potential navigational nightmare, if you switch off here. From the lake, the descent back to Nant Peris is west-south-west, down the steep track that runs alongside the Afon Las and into Cwm Padrig. The path is quite obvious and you shouldn’t have any issues apart from occasional wet, slippery grass. Once you get to the main road, head right (north-west) back along the road, in single file and facing the traffic, to the Vaynol. Food, ale and photograph-checking by the fire is the normal routine! | 636585 | 711m |  | 8.45km | -224m |  |  |
| 6 | **Finish** | 606583 | 111m |  | 12.01km | -600m |  |  |
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|  | **PLEASE NOTE: We have taken all reasonable steps to ensure these walks are safe and correctly described. However things do change and all outdoor activities involve a degree of risk. The publishers accept no responsibility for any errors or omissions or for any injuries or accidents that occur whilst following this walk.** |  |  |  |  |  |  |  |
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| *Keep distance of leg in line with navigational points of reference* | **Totals** | 12.01km |  |  | **Estimated end time** |

*On safe return, contact your EPOC to confirm safety. EPOC to contact Police if no safe confirmation at final alert police time*

[*In emergency, dial 999/112 & ask for Police*](http://www.mountainsafety.co.uk/EP-How-to-Call-for-Help.aspx)*. Have location, nature of emergency, weather conditions & mobile numbers to hand when calling.*

**Extended Route Legs** *(as required)*

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|  |  | Grid reference & height relate to ‘this’ location. Bearing, distance & height gain relate to ‘next’ location |
| Leg | Location name/description  | Grid Ref | Height | Bearing | Distance | Height gain | Time est. | Notes (e.g. stops, escape/alternative routes) |
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| *Keep distance of leg in line with navigational points of reference* | **Totals** |  |  |  | **Estimated end time** |